







Kursplan

15.01.2018 - 21.01.2018

SFC Magdeburg
 Alt Fermersleben 2
 39122 Magdeburg
 0391 - 40 15 461
 info@sfc-md.de








Montag 15.01.2018	Dienstag 16.01.2018	Mittwoch 17.01.2018	Donnerstag 18.01.2018	Freitag 19.01.2018	Samstag 20.01.2018	Sonntag 21.01.2018
<p>09:15 - 10:15 Rehasport </p>	<p>09:30 - 10:25 WSG </p>	<p>09:30 - 10:25 Body Work </p>	<p>09:30 - 10:25 Gesund & Fit </p>	<p>09:30 - 10:25 BODYBALANCE </p>	<p>10:00 - 10:55 BODYPUMP </p>	<p>10:00 - 10:55 Body Work  </p>
<p>09:30 - 10:25 Body Work </p>	<p>10:30 - 11:25 WSG </p>	<p>09:30 - 10:30 Rehasport </p>	<p>14:00 - 15:00 Rehasport </p>	<p>10:30 - 11:25 Power Rücken </p>		<p>10:00 - 10:55 Spinning® Bergland*  </p>
<p>10:30 - 11:00 Stretching </p>	<p>14:30 - 15:30 Rehasport </p>	<p>10:30 - 11:25 Pilates </p>	<p>15:00 - 16:00 Rehasport </p>	<p>14:00 - 15:00 Rehasport </p>		<p>16:15 - 17:00 JAM TECHNIK - Ausha </p>
<p>11:00 - 12:00 Rehasport </p>	<p>17:00 - 18:00 Rehasport  </p>	<p>13:00 - 14:00 Rehasport </p>	<p>16:00 - 17:00 Rehasport </p>	<p>15:00 - 16:00 Rehasport </p>		<p>17:00 - 17:55 BODYJAM </p>
<p>17:00 - 17:55 Body Work  </p>	<p>17:00 - 18:00 Rehasport  </p>	<p>16:30 - 17:25 BODYPUMP </p>	<p>17:00 - 18:00 Rehasport </p>	<p>17:00 - 17:30 Les Mills Grit Seri...  </p>		<p>18:00 - 18:55 BODYPUMP </p>
<p>18:00 - 18:55 Power Rücken  </p>	<p>17:30 - 18:00 Les Mills CX WORX  </p>	<p>17:30 - 18:00 Les Mills CX WORX </p>	<p>18:00 - 18:55 Zumba® </p>	<p>17:45 - 18:15 Les Mills CX WORX  </p>		

-  Ausdauer
-  Figur & Kraft
-  Fun & Dance
-  Gesundheit, Ents...
-  Kinderbetreuung
-  Reha

Stand: 18.01.2018

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<p>18:00 - 18:55 Spinning® Classic*  </p>	<p>18:00 - 18:55 BODYJAM </p>	<p>18:00 - 18:55 Power Rücken </p>	<p>18:15 - 19:45 Yoga </p>	<p>18:30 - 19:25 BODYJAM  </p>		
<p>19:00 - 19:55 Yoga  </p>	<p>18:00 - 18:55 Spinning® Berg- und...  </p>	<p>18:15 - 19:10 Body Work </p>	<p>18:30 - 19:25 Spinning® Classic* </p>	<p>18:30 - 19:25 Spinning® Berg- und...  </p>		
<p>19:00 - 19:55 BODYCOMBAT </p>	<p>19:00 - 19:55 Spinning® Intervall...  </p>	<p>18:30 - 19:25 Spinning® Bergland*... </p>	<p>19:00 - 19:55 BODYPUMP </p>			
<p>20:15 - 20:45 TRX</p>	<p>19:00 - 19:55 Pilates  </p>	<p>19:00 - 20:00 Rehasport </p>				
	<p>19:00 - 19:55 BODYCOMBAT </p>	<p>19:15 - 20:10 BODYBALANCE </p>				
	<p>20:00 - 20:55 BODYPUMP </p>					

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